

# ABSTRACT

A footrest apparatus according to the present invention enables change of the position of a footrest and fixation of the same both in a position in which a surface for massaging lower limbs is oriented frontward and a position in which a lower limb resting surface is oriented frontward. The footrest apparatus according to the invention includes a pair of left and right supporting members (3, 3) frontwardly projecting from the front portion of a chair (2); a footrest (7) supported between the supporting members (3, 3) so as to be rotatable about a lateral axis (4) and provided with a lower limb massaging portion (5) on one surface and a lower limb resting surface (6) on the other surface on which the lower limbs (64) can be rested; and a position switching mechanism (8) provided between the supporting member (3) and the footrest (7) for changing the position of the footrest (7) between a massaging position in which the lower limb massaging portion (5) is oriented frontward and a resting position in which the lower limb resting surface (6) is oriented frontward.